

Motivational Interviewing
Debriefs: Sarah's Clip 3

Narrator: Why do you think there was a shift in Tammy's feelings when you focused on how important her kids were?

Sarah: In motivational interviewing training we learned about how to ask "evocative" questions, open-ended questions that encourage people to talk about their own reasons and feelings about making a change. I also know how very committed she is to her children so I wanted her to be able to make her own decisions on what she thinks would be best for her as a mom.

[End video]